



Blackened Better Than Ever Corn Salad



1/4th of recipe (about 3/4 cup): 95 calories, 1g total fat (0g sat fat), 303mg sodium, 20.5g carbs, 2.5g fiber, 6.5g sugars, 3g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 15 minutes **Cook:** 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

2 cups frozen sweet corn kernels
1/4 tsp. chili powder
1/2 tsp. ground cumin
1 cup chopped tomatoes
1/2 cup finely chopped red onion
1/2 cup finely chopped green bell pepper
2 tbsp. chopped fresh cilantro
2 tbsp. seeded and finely chopped jalapeño pepper
1 tbsp. lime juice
2 tsp. chopped garlic
1/2 tsp. salt
1/4 tsp. black pepper

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add corn, and sprinkle with chili powder and 1/4 tsp. cumin. Cook and stir until blackened, about 7 minutes.

In a medium-large bowl, combine all remaining ingredients, including remaining 1/4 tsp. cumin. Mix until uniform.

Fold in blackened corn. Cover and refrigerate until ready to use. (It tastes great chilled!)

MAKES 4 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.